

# Candidate Information Bulletin



## Utah Massage Therapist Massage Apprentice

### Examinations

- Utah Massage Theory Examination
- Utah Massage Law and Rule Examination

### Registering for the Examination

Examinations are administered five days a week (Mon.-Fri.) at Exterior located at 5486 South 1900 West, Suite C, Taylorsville, Utah 84118, and once per month in St. George, Utah. Register for the examination either:

1. **By mail.** Complete the enclosed Examination Application and return it by mail with your exam fee(s) to Exterior. You will be scheduled for an appointment at the first available time approximately one week after your application is received. Exterior will mail you an admission letter providing you with the exact date and time.
2. **By telephone.** You can schedule your appointment by calling Exterior at (801) 355-5009, between 8:30 a.m. and 4:30 p.m., Monday through Friday, and paying for your examination using a major credit card (MasterCard or Visa).

**Payment must be made in advance.** You may reschedule your examination for a \$10.00 rescheduling fee up to the time of your appointment. If you fail to appear for your appointment, your examination fee will be forfeited and you must reapply for the exam. No exceptions. **All examination fees are nonrefundable and nontransferable.**

### Licensure Process

Upon completion of all licensure requirements including passing the examination, submit a complete application for licensure to:

By US Mail

#### Division of Occupational and Professional Licensing

P.O. Box 146741

Salt Lake City, Utah 84114-6741

By Delivery or Express Mail

#### Division of Occupational and Professional Licensing

160 East 300 South, 4th floor

Salt Lake City, Utah 84111

Applications for licensure are available on the Internet at

<http://www.commerce.state.ut.us/web/commerce/dopl/dopl1.htm>

You may also obtain them from:

#### Exterior

5486 South 1900 West, Suite C

Taylorsville, Utah 84118

(801) 355-5009

### Examination Fees (subject to change)

Utah Massage Theory Examination **\$55.00**

Utah Massage Law and Rule Examination **\$55.00**

Fees include same-day score.

### Candidates with Special Needs

If a physical or mental impairment prevents you from taking the exam under normal conditions, you may request special arrangements. Please notify Exterior of your impairment when you call to make an appointment so that special arrangements can be made.

### Computerized Testing

Examinations are administered using Experior's user friendly, windows-based, computerized testing system. Experior uses IBM compatible personal computers, similar to what you may have at home or in your business. You do not need any computer experience to use this system. In fact, you will only need to use five keys on the keyboard to take the test. (The other keys are disabled—there is no way you can harm the computer, the program, or the test by touching the wrong key.)

Prior to beginning your examination you can take a practice exam to become familiar with the computer testing system. A staff member will be available to help you if you need further assistance.

You will receive your score at the conclusion of the examination.

### Walk-In Testing

Candidates may "walk in" and test on a space-available basis for an additional \$10.00 fee. No reservation is required. The examination fee plus the walk-in fee must be paid prior to taking the examination.

### Out of State Candidates

If you are out of state, you may arrange with Experior to take the exam at any recognized testing center such as a university or community college. You must make the arrangements with the testing center and then send Experior the required information along with the fee that includes an additional \$50.00 out-of-state testing fee. Please include the following:

1. Candidate name, address, and phone number
2. Name of Exam
3. Testing Center name, address, phone number, and the name of the contact person
4. Test Fees: exam fee (including additional \$50.00 testing fee).

Candidates are responsible to pay the testing center any required fee.

Experior will mail the exam in a sealed envelope to the contact person at the testing center with instructions for administration. Experior will ship exams to the testing centers within one week after requests have been received. Candidates are responsible to check with the testing center to make sure the exam has arrived by the testing date. Candidates will have a two-week period to take the

test once the exam has been shipped to the testing center.

After the exam, the testing center will then mail the exam back to Experior for scoring and the scores will be mailed to candidates within one week. Candidates are responsible for reporting their scores to the state.

**Note:** All out-of-state candidates will take paper/pencil exams.

### What to Bring to the Exam

One official photo identification (such as a driver's license), and your admission letter.

### Score Information

Your score is based on the number of questions you answer correctly. You will not be given credit for any question that has been answered incorrectly, left blank, or has more than one answer marked. Be sure to mark an answer for each question. There is no penalty for guessing.

### Description of the Examinations

The Utah Massage Theory Examination consists of 100 multiple-choice questions. You will have three hours to complete the examination. The Utah Massage Law and Rule Examination consists of 46 multiple-choice questions. You will have two hours to complete the examination. Both examinations are closed book and require a minimum of 75% of the questions answered correctly to pass the examination.

### Content Outline for the Utah Massage Theory Examination.

- |                                  |            |
|----------------------------------|------------|
| <b>I. Anatomy and Physiology</b> | <b>50%</b> |
| 50 questions                     |            |
| a. Definitions of Terms          |            |
| b. Organization of the Body      |            |
| c. Cells and Tissues             |            |
| d. Skeletal Systems              |            |
| e. Skeletal Muscles              |            |
| f. Cardiovascular Systems        |            |
| g. Lymphatic Systems             |            |
| h. Membranes and Glands          |            |
| i. Nervous System                |            |
| j. Digestive System              |            |
| k. Respiratory System            |            |
| l. Kinesiology                   |            |

## II. Massage Theory 20%

20 questions

- a. Basics of Massage
- b. Physiological Effects
- c. Effleurage
- d. Petrissage
- e. Tapotement
- f. Friction
- g. Vibration
- h. Joint Movement
- i. Acupressure and Trigger Point
- j. Lubrication

## III. Clinical Situations 20%

20 questions

- a. Contraindications & Pathology
- b. Techniques for Specific Conditions

## IV. Hydrotherapy 5%

5 questions

- a. Indications - Contraindications
- b. Effects
- c. Techniques
- d. Effects of Temperature

## V. Hygiene and Sanitation 5%

5 questions

### References for the Utah Massage Theory Examination

1. *Milady's Theory and Practice of Massage*, 1994, Milady Publishing
3. *The Anatomy Coloring Book*, 1993, Kapit and Elson, Harper and Row

### Reference for the Utah Massage Law and Rule Examination

A Study Guide (consisting of two booklets) has been prepared to assist you in preparing for the Law examination. This Study Guide includes every question that could be included on the actual examination along with the answers, a content outline listing the sources from which the examination was developed, and relevant sources (i.e., state statutes, rules, etc.). The cost of the Study Guide is \$20.00 (plus shipping/handling and tax). You may order this Study Guide by calling Experior or by completing and submitting the enclosed Order Form.

### Sample Questions

1. Which group of vertebrae support the head and neck?  
  
(A) Cervical  
(B) Coccygeal  
(C) Lumbar  
(D) Thoracic
2. Passive movements may be performed in therapy  
  
(A) at any time.  
(B) in painless conditions.  
(C) in painful conditions.  
(D) under no circumstances.

### Answers to Sample Questions

1-A; 2-B